

What is Ergonomics?

It is . . . fitting the work
to the worker

- Ergon = Greek for “work”
- Nomos = Greek for “laws of”
- The Study of Work
- Applies both on and off
the job

Benefits of Ergonomics

- Decreased injury risk
- Increased productivity
- Decreased mistakes/rework
- Decreased lost work days
- Increased efficiency
- Decreased turnover
- Improved morale

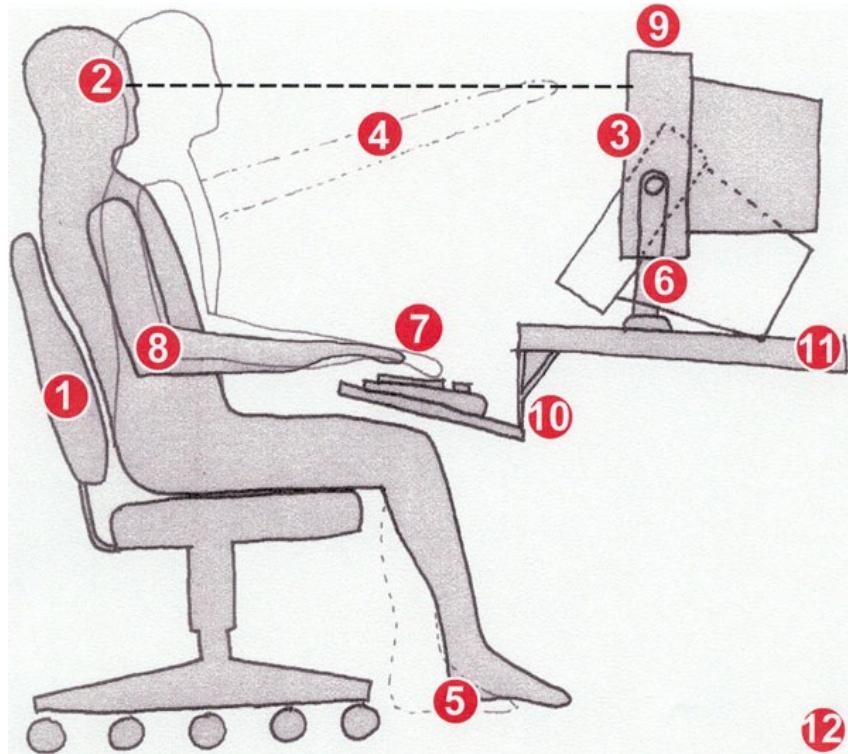
Ergonomic Risk Factors

- Repetition
- Awkward posture
- Forceful exertion
- Mechanical
- Static posture
- Stress
- Temperature
- Vibration

Ergonomic Controls

- Engineering
 - Modify the tool or work area design
- Administrative
 - Don't do one thing too long
- Work Practices
 - Use the right tool

12 tips for an Ergonomic Computer Workstation



1. Use a good chair with a dynamic chair back and sit back in this
2. Top of monitor casing 2-3" (5-8 cm) above eye level
3. No glare on screen, use an optical glass anti-glare filter where needed
4. Sit at arms length from monitor
5. Feet on floor or stable footrest
6. Use a document holder, preferably in-line with the computer screen
7. Wrists flat and straight in relation to forearms to use keyboard/mouse/input device
8. Arms and elbows relaxed close to body
9. Center monitor and keyboard in front of you
10. Use a negative tilt keyboard tray with an upper mouse platform or downward tilt able platform adjacent to keyboard
11. Use a stable work surface and stable (no bounce) keyboard tray
12. Take frequent short breaks & stretch